

# Cody Rec Connect

FEB  
2018



## Providing Quality of Life for a Lifetime

A NEWSLETTER OF THE CODY PARKS, RECREATION & PUBLIC FACILITIES DEPARTMENT

### FITNESS CHALLENGE

**CONSISTENCY**  
IS 

Action & consistency are the keys to making habits, and this challenge will reward you for both!

Earn points for coming in to the Rec Center. Come in more times per week, earn more points. We track your visits and points as you earn chances toward one of five monthly prizes, PLUS the GRAND PRIZE, AN ANNUAL INDIVIDUAL MEMBERSHIP!

The sooner you sign up, the more points you can earn! Register now! Challenge runs to April 30, 2018.

Cost: \$20 (T-Shirt)

### ART LESSONS FOR EVERYONE!

Learn or build on existing drawing & painting skills in these art classes for all ages! Classes are \$40/month and start Tuesday, February 6th.



#### **Tuesdays: Drawing**

4-5 PM K-6th grades (Draw Squad)

5-6 PM 12 years +(Teen/Adult)

#### **Wednesdays: Painting**

4-5 PM K-6th grades (Watercolors)

5-6 PM 12 years + (Teen/Adult)

### BOXING 101 CLASSES



Steve Randolph teaches boxing to youth & adults at the Cody Rec Center!

Learn basic boxing skills & improve your fitness level! Youth Classes (8yrs +) run each month Tuesday & Thursdays from 4-5P (\$23/members). Adult class runs for 3 months on Tuesdays, Wednesday & Thursdays from 7-9P (\$90/members).

Catch the news video from KULR 8 here:



[www.kulr8.com/story/37290656/professional-boxer-training-students-in-cody](http://www.kulr8.com/story/37290656/professional-boxer-training-students-in-cody)

Sign up now as space is limited!

### Yogilates

A perfect fusion of Yoga & Pilates! Focus on alignment, breathing, developing a strong core & improving coordination & balance. Yogilates is for all fitness levels with no previous experience needed.

Monday & Wednesdays 6-6:45P in February

\$25/members \$40/Non-Members

**NEW CLASS!**

### Kids Night Out

Youth can catch the Cody BRONCS basketball game Friday, Feb 9th 6-9P!

\$7.50/child: face painting, posters, popcorn, supervision & transportation to game only.

Space is limited!

### *Valentine's Special*

Enjoy date night, bring the kids to the Cody Recreation Center!

February 14, 2018  
K-6th Grade  
5:30pm - 8:30pm  
\$15 per child

Let the kids enjoy pizza, cookie decorating, a movie and games.

Register at the Cody Rec Center. (Limited space available)



1402 Heart Mountain St., Cody, WY  
307-587-0400



### NBA Allstar Night

Youth (8yrs+) can play the hot shot competitions, enjoy pizza & finish up in the pool on the King of the Mountain feature to watch the NBA slam dunk contest on our big screen.

Saturday, Feb 17th 5-9:30P.



# CALENDAR OF EVENTS

## Paul Stock Aquatic & Recreation Center

### 1st: New Sessions of Adult Fitness Classes Begin

(16+); Location, Days & Times Vary

- **Cycle Challenge;** Tues & Thurs, 6 to 7 A
- **Interval Boot Camp;** T/TH 6 to 7 A
- **Morning Mix;** M/T/W/Thur, 8:30 to 9:30 A
- **Fusion Core Fitness;** T/Thur, 10 to 11 A
- **Lunch Box Variety;** Mon-Fri, 12:15 to 12:45 P
- **Yoga;** Tues & Thurs, 5:30 to 6:30 P

### 1st to 28th: Toddler Time (Under 6 yrs); Leisure Pool,

Mon-Fri, 5:30 A to Noon; FREE

- **Kiddie Cardio (2 to 5 yrs);** Red Gym, T/Thurs, 10 to 11 A
- **Tiny Tots Kindergarten Prep (4 to 6 yrs);** TT Room; Mon thru Thur, 12 to 3 P
- **Tiny Tots Kindergarten Prep (4 to 6 yrs);** TT Room; M/W/Th, 8:15 to 11:15 A
- **Tiny Tots Preschool (3 to 4 yrs);** TT Room; Tues & Fri, 8:30 to 10:30 A

### 2nd: New Session of Adult Fitness Classes Begin

(16+); Location, Days & Times Vary

- **Cycle Challenge;** M/W/F, 6 to 7 A and M/W, 5:30 to 6:30 P
- **Water Workout Hour (Adults);** Main Pool, M/W/F, 6 to 7 A & 11 A to 12 P
- **Fit & Fun Swim Squad (High School & Older);** Main Pool, M/W/F, 6 to 8 A
- **Blender;** M/W, 8:30 to 9:30 A
- **Ai Chi (NEW CLASS!);** M/W, 5:15 to 6 P; Therapy pool
- **Fusion Dance Fitness;** M/W, 4:30 to 6 P
- **Yogilates (NEW CLASS!);** M/W, 6 to 6:45 P

### 3rd: FREE DAY!

### 5th: FREE SRD-Sponsored Swim Lessons (Livingston

3rd grade); Pools, Mon-Thurs, 3:45 to 4:15 P

### • Deadline for 1st & 2nd Grade Co-Ed Basketball;

\$35 before deadline, \$55 after deadline

### 5th to 15th: Parent Tot Level 1 (6 mo-1 ½ yrs);

Leisure Pool; M/T/TH, 5 to 5:30 P

### • Parent Tot Level 2 (1 ½ to 3 yrs); Leisure Pool; M/T/TH, 5:30 to 6 P

### • Water Tots (2-4 yrs); Leisure Pool, Mon-Thurs, 9 to 9:30

### 6th to April 26th: Boxing 101 (NEW CLASS!); T/W/Thur, 7 to 9 P

### 6th to March 1st: Competitive Swim Feeder Program (LTS Level 2 or PLTS Level 3); T/Thur, 5 to 5:45 P

### 6th to 27th: Teen/Adult Drawing (12 yrs +); Birthday room; Tues, 5 to 6 P

### • Draw Squad (K thru 6th grade); Birthday room; Tues, 4 to 5 P

### • Youth Boxing (8 yrs +); Multi-purpose room; T/Thur, 4 to 5 P

### 7th to 28th: Teen/Adult Painting (12 yrs +); Birthday room; Wed, 5 to 6 P

### • Wild Wacky Watercolors (K thru 6th grade); Birthday room; Wed, 4 to 5 P

### • Intro to Kayaking (5th grade to 12th grade, \$4); Main Pool, 6 to 7:45 P

### • Little Ballers (3 to 4 yrs); Red Gym, Wed, 1 to 1:30 P

### 12th: CMS Swim Team Practice begins; Daily, Lap pool 4 to 6 PM

### 14th: Wyoming Health Fairs Blood Draw (All Ages, Costs vary); Rec Hallway, 7 to 10 A

### • Valentine's Special Program; (K-6th grades); 5:30-8:30 P

### • Open Scuba (Adults, \$4); Main Pool, 6 to 7:45 P

### • Open Kayaking (Adults, \$4); Main Pool, 6 to 7:45 P

### 17th: NBA ALL STAR NIGHT (all ages); Gyms & Pool; 5 to 9:30 P; \$3 pre-pay or \$5 at door

### 19th: President's Day! FACILITY CLOSED

### 20th: School's Out Stay Safe Program; (School Ages); Gym 10 A to 12 P & Pool 1 to 3 P

### • CMS Swimming vs. Worland Swim Team; Pools close at 3PM; Meet starts at 5 PM

### • Adult & Pediatric First Aid, CPR & AED (Blended Learning Class); Wet Classroom, 6 to 8 P; Register by FEB 16TH!

### 22nd to March 10th: Home School in the Pool (School age); Thur, 1 to 3 P

### 23rd: Water Float Day (All Ages, Free for members); Pools, 1 to 3 P

### 26th: Registration Deadline Youth Coed Wiffleball League

### 27th thru March 29th: Pre-school swim lessons; (4 yrs +); T/Thur, 5:30 to 6 & 6 to 6:30 PM

### • Learn-to-Swim Lessons, Session 2 (4 yrs +); T/Thur, 5:30 to 6 & 6 to 6:30 PM

### 28th: Open Kayaking (Adults, \$4); Main Pool, 6 to 7:45 P

### March 3rd: CMS Invite; 10 AM; Pools will re-open at the conclusion of the meet

**Workout with one of our four Personal Trainers to meet your goals in the New Year!**

**Private swim lessons available; Call 527-DIVE for details.**

**ANNUAL FITNESS CHALLENGE- Register today!**

# CODY REC CENTER

 1402 Heart Mountain St. • Cody, WY • [cityofcody-wy.gov](http://cityofcody-wy.gov) • 587-0400

*This ad was sponsored by the Shoshone Recreation District*